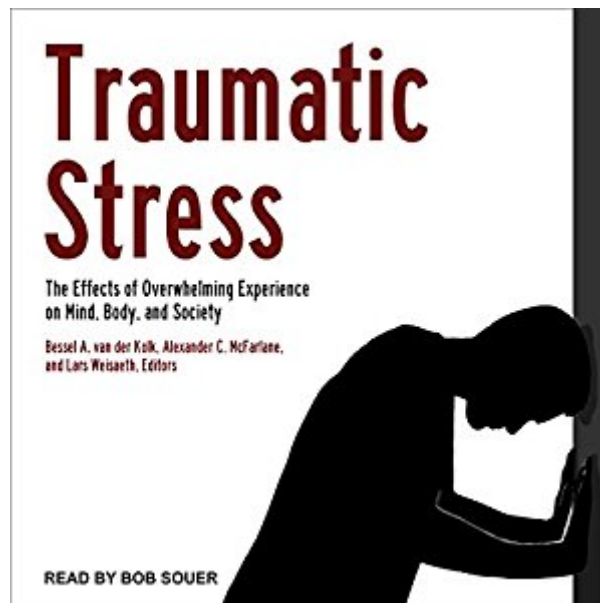




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Traumatic Stress: The Effects Of Overwhelming Experience On Mind, Body, And Society



Synopsis

This best-selling classic presents seminal theory and research on post-traumatic stress disorder (PTSD). Together, the leading editors and contributors comprehensively examine how trauma affects an individual's biology, conceptions of the world, and psychological functioning. Key topics include why certain people cope successfully with traumatic experiences while others do not, the neurobiological processes underlying PTSD symptomatology, enduring questions surrounding traumatic memories and dissociation, and the core components of effective interventions. A highly influential work that laid the foundation for many of the field's continuing advances, this volume remains an immensely informative and thought-provoking clinical reference.

Book Information

Audible Audio Edition

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Best Sellers Rank: #158 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #227 in Books > Audible Audiobooks > Science > Medicine #421 in Books > Self-Help > Stress Management

Customer Reviews

I purchased this book to help me as I write about my experiences with acute PTSD developed as a result of workplace bullying. I wanted to understand what happens in the brain - it is helping me to better understand brain trauma caused by traumatic situations.

Used it for Graduate School, good condition.

This book was purchased for an on line course. I find the content helpful and very easy to follow. I would recommend this for professionals as well as those interested in the topic of trauma.

Excellent read. Many examples of symptoms of trauma physically as well as psychologically.

Excellente!!!

I work with persons suffering combat PTSD. I have found this to be, by far, the best book on treatment. The authors have a depth of understanding that goes far beyond those of most other authors. No simplistic solutions, here. Not a "just change the way you think about it" approach, and not a "just put on the goggles and re-experience it until it doesn't bother you anymore" approach ... not when the crucial events are such as seeing others' bodies torn apart by efficient weapons, or losing people one has come to love. Much wisdom in this book.

The authors display an intimate knowledge of their subject. It is an invaluable contribution to the field of mental health. I highly recommend this book to all who have an interest in trauma stress studies. Mingmei Jiang BVocEd&Train(C.Sturt)

Rather technical but interesting. It has given me a lot of good information but you just have to wade through it to get to it.

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The Oxygen Revolution: Hyperbaric Oxygen Therapy: The New Treatment for Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury, Stroke, Autism and More
Stress Effects: A fascinating look at the effects of stress on breathing patterns, gut microbiome, adrenals and addiction.
Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax)
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)
Making Peace with the Things in Your Life: Why Your Papers, Books, Clothes, and Other Possessions Keep Overwhelming You and What to Do About It
Hope Heals: A True Story of Overwhelming Loss and an Overcoming Love
How to Have Outrageous Financial Abundance In No Time::Biblical Principles For Immediate And Overwhelming Financial Success: Wealth Creation, Personal Finance, Budgeting, Make Money, Financial Freedom
Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming)
Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best
The Mind-Body Code: How the Mind Wounds and Heals the Body
Magical Mind, Magical Body: Mastering the

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